



News Release

Telephone: (702) 229-6993

Barbara P. Jackson, DPA
Leisure Services Director

Contact: Margaret Kurtz

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FOR IMMEDIATE RELEASE

City of Las Vegas December 2005 SENIOR CITIZEN ACTIVITIES (ages 50+)

(All activities are subject to change. List is not all-inclusive. Many classes are available. Call centers near you for a complete list of classes and activities. Most facilities will be closed December 26.)

Community Gardens

Doolittle Senior Center Community Garden, 1200 Blankenship, (702) 229-6125.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Work in the community gardens to reap benefits of fresh vegetables, fruits and flowers.

Red Hat Society

Days and times vary. Call center nearest you to learn what group meetings are available.

Derfelt Senior Citizens Center, 3341 West Washington Avenue, (702) 229-6601.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Breakfast at Dula

Second and fourth Fridays each month, 9 a.m.

Fee: \$2

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Enjoy eggs, potatoes and choice of meat, or oatmeal, fruit and juice.

Free Blood Pressure Checks

Wednesdays, 9:30 to 10:30 a.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Free Health Screenings

Third Friday of each month, 11 a.m. to 1 p.m.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Staff of Harmony Home Health & Hospice will perform free blood pressure, blood glucose, oxygen saturation and heart rate checks for seniors.

Bingo

Mondays, 1 to 3 p.m.

Fee: 75 cents

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Play for food and household items weekly. Enjoy free refreshments, a raffle or an extra card to play.

Free Potluck Bingo

Tuesdays, 1 to 4 p.m.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Call Leo to reserve your spot. Participants must bring potluck dish to share.

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Japanese Embroidery Class

Tuesdays, 11 a.m.

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Quilting Class

Thursdays, 1 p.m.

Fee: \$3 per class.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Woodcarving and Wood Burning Group

Tuesdays, 10 a.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Bring your individual project and come learn or improve your woodcarving or wood-burning skills.

Porcelain Doll-Making Class

Tuesdays, 1 p.m.

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Oil Painting Class

Fridays, 9 a.m.

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Freestyle Drawing Class

Mondays, 1 p.m.

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Ceramics Class

Wednesdays at 7 p.m. and Saturdays at 9 a.m.

Fee: \$2 per class. All skill levels welcome to join at any time.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Diabetes Awareness, Prevention and Treatment Lecture Series

Tuesdays, through December 20, 9 to 10:30 a.m.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Pancake Breakfast

Thursday, December 1, 9 a.m.

Fee: \$2 per person.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Enjoy pancakes, bacon, eggs and coffee.

Pancake Breakfast

Thursday, December 1, 9:30 to 11:30 a.m.

Fee: \$2 per person.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Enjoy pancakes, bacon, eggs, juice and coffee.

Free Blood Pressure Check

Thursday, December 1, 9:30 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

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Free Health Is Wealth Seminar

Thursday, December 1, 1 p.m.
Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Winter Wonderland Party

Thursday, December 1, 12:30 p.m.
East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.
Make snowmen, decorate gingerbread houses, sing holiday carols, and enjoy holiday cookies and hot chocolate. Reservations required.

Holiday Brunch

Friday, December 2, 11:30 a.m.
Fee: \$3
Derfelt Senior Citizens Center, 3341 West Washington Avenue, (702) 229-6601.
Bring your favorite holiday recipe to share as we feast on dishes from every December holiday tradition.

Cookie Exchange Luncheon

Friday, December 2, 11 a.m.
Fee: \$3 per person. Pre-register by November 30.
Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.
Bring two dozen baked cookies and recipe copies to exchange.

Senior Citizens Law Project Free Legal Assistance Outreach (ages 60+)

Call 229-6596 for an appointment (required). Limited legal assistance.
Friday, December 2, 9 to 11 a.m.
East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.
Friday, December 9, 9 to 11 a.m.
Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.
Friday, December 16, 9 to 11 a.m.
Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

5th Annual Northwest Senior Center Holiday Party

Monday, December 5, noon.
Fee: \$6. Tickets must be purchased in advance; no tickets available at the hotel.
Santa Fe Hotel & Casino, 4949 North Rancho Drive.
Tickets on sale November 1 at Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Holiday Fun Drinks

Monday, December 5, 1 p.m.
Fee: \$2
Doolittle Senior Center, 1950 North J Street, (702) 229-6125.
Create and enjoy refreshing eggnog and hot, spicy cider.

AARP 55 Alive/Mature Driving Program

Fee: \$10; Pre-registration required. Must attend both sessions. Call 257-9555 to register.
Nevada law allows for a discount on auto insurance premiums when course is successfully completed.
Mondays, December 5 and 12, noon to 4 p.m.
Derfelt Senior Citizens Center, 3341 West Washington Avenue, (702) 229-6601.
Saturday, December 17, 8:30 a.m. to 4:30 p.m.
Gibson Community School, 3990 W. Washington Avenue, (702) 229-5096.

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Monday and Tuesday, December 19 and 20, 9:30 a.m. to 1:30 p.m.
East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.
Wednesday and Thursday, December 21 and 22, noon to 4 p.m.
Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Laughlin Trip

Wednesday, December 7, 7 a.m. to 5 p.m.
Doolittle Senior Center, 1950 North J Street, (702) 229-6125.
Pre-registration required for this free day trip to Laughlin that includes transportation and buffet.

A Holiday Carol Luncheon

Thursday, December 8, 11 a.m.
Fee: \$3 per person advance tickets; \$5 event day. Limited to 100 participants.
Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.
Enjoy holiday carols, honey-glazed ham, potatoes, vegetables, rolls and dessert.

Dominoes Tournament

Thursday, December 8, 12:30 p.m.
Fee: \$1, includes light snacks.
Doolittle Senior Center, 1950 North J Street, (702) 229-6125.
Single-elimination tournament. Trophies and bragging rights will be awarded. Register in advance.

Fish Fry

Friday, December 9, 11:30 a.m.
Fee: \$6
Doolittle Senior Center, 1950 North J Street, (702) 229-6125.
Enjoy a catfish lunch with all the fixings. Advance reservations required.

Hiking Lake Mead/St. Thomas

Friday, December 9, 8:30 a.m. to 2:30 p.m.
Fee: \$1, includes van transportation.
Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.
Bring water, lunch and your camera. Pre-registration required; space is limited.

Handicraft Sale

Saturday, December 10, 10 a.m. to 5 p.m.
Fee: Free admission to buyers. Sellers call Marilyn at 229-6454 to arrange tables for merchandise.
Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.
Handcrafted ceramics, artwork, jewelry, dolls, quilts, rugs, knitted and crocheted items and more for sale.

Free Cookie Exchange

Tuesday, December 13, 11 a.m.
Doolittle Senior Center, 1950 North J Street, (702) 229-6125.
Sign up to bring 3 dozen of your favorite cookies and copies of your recipe. Leave with a variety of cookies.

Free Cookie Exchange

Tuesday, December 13, 12:30 p.m.
East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.
Sign up to bring 3 dozen of your favorite cookies and copies of your recipe. Leave with a variety of cookies.
Reservations required.

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Holiday Potluck

Wednesday, December 14, 11:30 a.m.

Fee: Bring a side dish to share. Center provides main course. Reservations required.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Holiday Shirt Making Workshop

Wednesday, December 14, 10 to 11:30 a.m.

Fee: \$2

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Bring your favorite shirt or sweatshirt to decorate with provided paint and patterns.

Holiday Light Tour

Thursday, December 15, 5 to 9 p.m.

Fee: \$5, includes transportations.

Derfelt Senior Citizens Center, 3341 West Washington Avenue, (702) 229-6601.

View light spectaculars at Sunset Park, Ethel M cactus garden and local homes. Pre-registration required.

Holiday Light Tour

Thursday, December 15, 4 to 9 p.m.

Fee: \$1 plus Texas Station buffet cost (approximately \$8); includes transportation.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Enjoy a buffet at Texas Station and then tour the town's holiday light displays. Pre-register early.

St. Thomas/Overton Hiking

Friday, December 16, 8:30 a.m.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Van space is limited; advance registration required.

3rd Annual Holiday Cheer Luncheon

Friday, December 16, 11 a.m.

Fee: \$3 per person. Pre-register by December 14.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Celebrate with holiday food, games, gifts and a special gathering of friends and family.

Free Medicare Drug Cost Counseling

Monday, December 19, 9 a.m.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Representative from the Division of Aging Services will answer questions about Medicare drug costs.

Dress Up Holiday Tea

Tuesday, December 20, 11:30 a.m.

Fee: \$5 per person. Advance registration required; space is limited. Tickets on sale November 28.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Enjoy tea, scones, savories and pastries while you learn about the history and etiquette of tea.

Holiday Light Tour

Tuesday, December 20, 5:30 p.m.

Fee: \$2, includes van transportation.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

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Pancake Breakfast

Wednesday, December 21, 8 to 10 a.m.

Fee: \$2

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Enjoy two huge pancakes, sausage and eggs.

Bunco Club

Wednesday, December 21, 12:30 to 2:30 p.m. Call for information.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Holiday Trip to Mt. Charleston

Friday, December 23, 8 a.m. to 4 p.m.

Fee: \$15, includes buffet lunch

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Pancake Breakfast

Tuesday, December 27, 9:30 to 11:30 a.m.

Fee: \$2 per person.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Enjoy pancakes, bacon, eggs, juice and coffee.

Pahrump Valley Vineyard Lunch Tour

Wednesday, December 28, 9:30 a.m. to 1:30 p.m.

Fee: \$15, includes van transportation.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Tour the Pahrump vineyard, enjoy wine tasting and lunch. Space is limited; pre-register early.

Free Medicare Discussion

Wednesday, December 28, 9 a.m. to noon.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Representatives from SHIP program will offer help with the Medicare prescription drug program.

New Year's at The Winery

Friday, December 30, 8 a.m. to 4 p.m.

\$15 per person, includes lunch and transportation.

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Enjoy a trip to a date farm near Tecopa, and lunch at the Pahrump Winery. Pre-registration required.

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